AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Exercise Physiology								
Course Code	TFZ619		Couse Level	Third Cycle (Doctorate Degree)					
ECTS Credit	6	Workload	156 *(Hours)*	Theory	2	Practice	2	Laboratory	0
Objectives of the Course	Giving information about Exercise Physiology. Introduce knowledge skills . Present novel scientific data to participants.								
Course Content	The muscle metabolic system in exercise; Respiration in exercise; The cardiovascular system in exercise; Hormonal changes in exercise; Metabolism in exercise.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Individual Study								
Name of Lecturer(s)									

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading	
1	Guyton, Medical Physiology
2	All scientific data about the subject

Week	Weekly Detailed Course Contents	
1	Theoretical	The muscle metabolic system in exercise 1
	Practice	The muscle metabolic system in exercise practice 1
	Preparation Work	Reading
2	Theoretical	The muscle metabolic system in exercise 2
	Practice	The muscle metabolic system in exercise practice 2
	Preparation Work	Reading
3	Theoretical	The cardiovascular system in exercise 1
	Practice	The cardiovascular system in exercise practice 1
	Preparation Work	Reading
4	Theoretical	The cardiovascular system in exercise 2
	Practice	The cardiovascular system in exercise practice 2
	Preparation Work	Reading
5	Theoretical	Respiration in exercise 1
	Practice	Respiration in exercise practice 1
	Preparation Work	Reading
6	Theoretical	Respiration in exercise 2
	Practice	Respiration in exercise practice 2
	Preparation Work	Reading
7	Intermediate Exam	Midterm Exam
8	Theoretical	Exercise and blood 1
	Practice	Exercise and blood practice 1
	Preparation Work	Reading
9	Theoretical	Exercise and blood 2
	Practice	Exercise and blood practice 2
	Preparation Work	Reading
10	Theoretical	Hormonal changes in exercise 1
	Practice	Hormonal changes in exercise practice 1
	Preparation Work	Reading
11	Theoretical	Hormonal changes in exercise 2

11	Practice	Hormonal changes in exercise practice 2
	Preparation Work	Reading
12	Theoretical	Metabolism in exercise 1
	Practice	Metabolism in exercise practice 1
	Preparation Work	Reading
13	Theoretical	Metabolism in exercise 2
	Practice	Metabolism in exercise practice 2
	Preparation Work	Reading
14	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	1	2	42
Assignment	10	6	1	70
Midterm Examination	1	0	1	1
Final Examination	1	0	1	1
			Total Workload (Hours)	156
			[Total Workload (Hours) / 25*] = **ECTS**	6

**25 hour workload is accepted as 1 ECTS*

Learning Outcomes

1	To be able to recognize the importance of Exercise Physiology
2	To be able to evaluate the relationship between other systems
3	To be able to investigate physiopathological symptoms about the subject
4	Interpret general principals about the subject
5	

Programme Outcomes *(Physiology (Medical) Doctorate)*

1	Has a deep and broad knowledge about the field and the interdisciplinary area related with the field through the achievements gained in undergraduate and professional levels.
2	Has the knowledge to create original ideas, analyze them and develop definition/product/diagnosis methods by using the knowledge gained in undergraduate and/or professional experience, when needed.
3	To learn the laws and regulations both national and international in the field of physiology.
4	To gain ability to apply the principles and fundamentals of scientific ethical rules.
5	Implements and defends institutional and practical information and abilities in accordance with the needs of the country and the world, and changes when necessary.

Contribution of Learning Outcomes to Programme Outcomes *1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High*

	L1	L2	L3	L4	L5
P1	5	5	4	5	4
P2	4	4	5	5	5
P3	4	5	4	5	4
P4	3	3	5	5	5
P5	4	4	5	5	5